

PREP FOR MORNING



...to cut out that time spent picking out your clothes in the morning.

SET A BEDTIME



...aim to fall asleep 8 hours before you plan to wake up in the morning.

GET EXCITED



...for at least one thing tomorrow and write it where you can see it!

SAY NO TO SNOOZE



...put your alarm across the room so you have to get up to turn it off.

GET BLOOD FLOWING



...get outside in fresh air & take a walk or jog for at least ten minutes.

MAKE A LIST



...of what you did today to feel clear headed and accomplished before bed.

HOW TO WAKE UP EARLIER

DRINK COLD WATER



...the whole bottle. It gives you an instant energy & replenishes you.

EAT BREAKFAST



...it will help your energy and get your brain motivated and awake.

OPEN THE CURTAINS



...so your body will stop producing melatonin and help you wake up.

DO IT GRADUALLY



...15 min earlier each morning for 4 days will have you up an hour earlier.

JUMP OUT OF BED



Yes, jump! With enthusiasm and tell your bed 'I'm stronger than you!'

MEDITATE



...clear your mind & think only about the positives coming up in your day.

REMEMBER BENEFITS!



...you'll miss traffic, get to work early and be a generally sunnier person!